

CLAIMS:

1. A method of treating a condition in a person
5 comprising the steps of: submerging the person in a
body of fluid up to about their neck and in a
substantially vertical orientation; and agitating the
fluid to effect a perturbation massage upon the
person submerged in the fluid to mobilise toxins in
10 the person's lymphatic system; and further comprising
the step of elevating the body temperature of the
person to thereby cause the person to perspire,
wherein the body temperature is elevated subsequent
to removal of the person from the fluid.
- 15 2. A method according to claim 1 wherein the fluid has a
density greater than water.
3. A method according to claim 2 wherein the fluid
includes a mixture of water and a salt.
4. A method according to claim 2 wherein the salt
20 includes a salt of magnesium.
5. A method according to claim 1 wherein the step of
agitating includes pumping the fluid.
6. A method according to claim 1 wherein the step of
agitating includes the step of delivering the fluid
25 into the tank through nozzles for delivering a jet of
pressurised fluid.
7. A method according to claim 6 wherein the nozzles are
arranged to rotate.
8. A method according to claim 1 wherein the person is
30 maintained in the submerged position by a system of
weights or tethers.

9. A method according to claim 1 wherein the body temperature is elevated by exposing the person to a dose of infra-red radiation that is sufficient to cause the person to perspire.
- 5 10. A method according claim 9 wherein the person is exposed to infra-red radiation in an infra-red sauna.
11. A method according to claim 1 wherein the condition is associated with the accumulation of toxins in the lymphatic system of the person.
- 10 12. A method according to claim 1 wherein the condition is selected from the group consisting of lethargy, fatigue, malaise, weakness, arthralgia, myalgia, insomnia, sleep disturbance, sinus congestion, chest congestion, poor immunity, cognitive dysfunction,
- 15 learning difficulties, mood disorders, lack of motivation, loss of libido, Skin rashes, acne, fluid retention, headaches, tachycardia, ectopics, gulf war syndrome, diabetes, cancer, heart failure, kidney failure, liver failure, chronic auto-immune
- 20 conditions, lupus, rheumatoid arthritis, Crohn's disease, ulcerative colitis, emphysema, Hepatitis C, HIV, chronic substance abuse, dysbiosis, Leaky gut syndrome, chronic fatigue syndrome, fibromyalgia, recurrent infections, and detoxification of toxic
- 25 drug metabolites from prescription medication or chemotherapy drugs.